

MOONEE VALLEY REGION U3A
LIST OF COURSES FOR SEMESTER ONE 2012

<p><u>Art</u></p> <p>INTRODUCTION TO DRAWING AND MIXED MEDIA # OIL PAINTING AND WATER COLOURS # SKETCHING AND PAINTING # FOLK ART #</p>	<p><u>Book Clubs</u></p> <p>BOOK CLUB 1 (2ND FRIDAY IN THE MONTH) # BOOK CLUB 2 (3RD FRIDAY IN THE MONTH) # BOOK CLUB 3 (4TH MONDAY IN THE MONTH) #</p>
<p><u>Computers & Communications</u></p> <p>COMPUTERS BEGINNERS 1 ### COMPUTERS BEGINNERS 2 ### INTRODUCTION TO THE INTERNET AND EMAIL ### COMPUTERS – REFRESHER COURSE ###</p>	<p><u>Discussion Groups</u></p> <p>TIMELY TOPICS # BEHIND THE NEWS ## PHILOSOPHY DISCUSSION 1 # PHILOSOPHY DISCUSSION 2 # PHILOSOPHY OF BELIEFS #</p>
<p><u>Exercise And Well-Being</u></p> <p>MEDITATION (FORTNIGHTLY) # RELAXATION OF MIND & BODY – BEGINNERS # RELAXATION OF MIND & BODY – ADVANCED # MIDDLE EASTERN BELLY DANCING ### WEDNESDAY WALKERS # LINE DANCING (FORTNIGHTLY) # GOLF CROQUET FOR BEGINNERS ### PETANQUE FOR BEGINNERS # SPEAKING WITH CONFIDENCE ##</p>	<p><u>Finance</u></p> <p>FINANCIAL PLANNING IN PLAIN ENGLISH #</p> <p><u>Handcrafts</u></p> <p>PATCHWORK FOR BEGINNERS # PATCHWORK FOR BEGINNERS PLUS # PATCHWORK & QUILTING # PATCHWORK GROUP # CRAFT CLASS/SOCIAL ACTIVITIES #</p>
<p><u>History And Travel</u></p> <p>FAMILY HISTORY FOR BEGINNERS ## ARMCHAIR TRAVEL # CITIES # THE ASCENT OF MAN ## THE LEGACY OF ANCIENT GREECE ## MODERN EGYPTIAN HISTORY AND CULTURE ## PUBLIC HISTORY ###</p>	<p><u>Languages</u></p> <p>FRENCH 1A- BEGINNERS # FRENCH 1B – BEGINNERS # FRENCH 2 # FRENCH 3 # CONVERSATIONAL FRENCH # ITALIAN 1 – BEGINNERS # ITALIAN LANGUAGE & CULTURE # CONVERSATIONAL ITALIAN FOR TRAVELLERS ## SPANISH FOR BEGINNERS # SPANISH #</p>
<p><u>Music</u></p> <p>RECORDER GROUP BEGINNERS # RECORDER GROUP ADVANCED# CLASSICAL MUSIC APPRECIATION # SINGING FOR FUN #</p>	<p><u>Science And Technology</u></p> <p>FRONTIERS OF SCIENCE #</p>
<p><u>Pastimes And Leisure</u></p> <p>CRYPTIC CROSSWORDS # SCRABBLE # MAHJONG - WESTERN STYLE # FLICKS IN THE AFTERNOON (FORTNIGHTLY) # SENIORS CINEMA AT ACMI (MONTHLY) #</p>	<p><u>Writing & Literature</u></p> <p>LITERATURE THROUGH THE AGES # LOVELY LINGUISTICS (FORTNIGHTLY) # CREATIVE WRITING GROUP # PLAY READING (FORTNIGHTLY) #</p>

ON-GOING IN SEMESTER 1 AND 2

SEMESTER 1 ONLY

SHORT COURSE

GENERAL INFORMATION

MOONEE VALLEY REGION U3A OFFICE

The Moonee Valley Region U3A telephone is attended by volunteer members from 10.30 am to 12.30 pm, Tuesday to Friday, from 1 February 2012. There is an answering machine for messages when unattended.

The office phone number is: 9337 7779.

PLEASE READ THESE NOTES

- ◆ It is **compulsory** to wear MVR U3A badges at **all** classes. Please complete the medical details on the back.
- ◆ If you wish to withdraw from a class, you must advise your Tutor. If you wish to attend an alternative class, ring the office to obtain a new enrolment form and **post** this to the Course Co-ordinator.
- ◆ Your place in a class can be withdrawn if you do not regularly attend and you do not provide your tutor with an acceptable explanation.
- ◆ All financial member enrolment applications are date stamped as they are received and we endeavour to meet requests for the first two ongoing courses on a "first come, first served" basis. After everyone's first two preferences have been allocated, then all applications for a third or fourth ongoing course will be considered, and if available, a course may be allocated in accordance with our rules.
- ◆ **MORE TUTORS ARE ALWAYS WANTED.** If you enjoy helping others we can supply you with help and advice on running a class....and there are complete course packages available from U3A online, so all you have to do is turn up and coordinate the class. Please contact Course Co-ordinator Liz Lynch on **9337 7779** if you would like to be a tutor.

MVR U3A VENUES

Ascot Vale Neighbourhood Centre Cnr Union Road & Munro Street Ascot Vale Melways Map Ref 28 G10	The Emerald Street Centre Cnr Emerald Street & Hoffmans Road West Essendon Melways Map Ref 28 A3
Sam Merrifield Library Mount Alexander Road Moonee Ponds Melways Map Ref 28 J7	Woodlands Park House 32 Winifred Street Essendon North Melways Map Ref 28 F1
Cooper St Community Centre Corner Cooper St and Spencer St Essendon Melways Map Ref 28 C1	Flemington Community Centre 25 Mt Alexander Road Flemington Melways Map Ref 29 B12
Niddrie Library 483 Keilor Road Niddrie Melways Map Ref 16 A11	Niddrie Neighbourhood Centre (Hub) 3 Matthews Avenue Niddrie Melways Map Ref 16 A10
Avondale Heights Library and Learning Centre Military Road Avondale Heights Melways Map Ref 27 D4	New Court House Kellaway Avenue Moonee Ponds Melways Map Ref 28 J6
Essendon Croquet Club Cnr Nicholson & Brewster Streets Entry off Nicholson St Essendon Melways Map Ref 28 H3	Rosehill Park Carpark 30 Rachele Rd Opposite Fawkner Crescent Keilor East Melways Map Ref 27 G2
Doutta Galla Youth Club Kerferd Road Essendon North Melways Map Ref 16 D11	Australian Centre for the Moving Image Flinders Street Melbourne Melways Map Ref 1B P10

DATES FOR SEMESTER ONE

Semester 1:- 20 February – 22 June 2012

With break for School Holidays:- 2 April – 13 April 2012

Public Holidays:- 12 March (Labour Day), 25 April (Anzac Day), 11 June (Queen's Birthday).

COMPUTERS & COMMUNICATIONS

- ◆ Members are only permitted to be enrolled in ONE computer class at any one time.
- ◆ Entry to advanced classes requires completion of the Beginners Course or equivalent experience
- ◆ You need to have ready access to a Computer with requisite Program Applications for you to practice between classes.
- ◆ Please bring to each class
 1. Your portable computer, if you have one
 2. A USB Flash Memory Stick (minimum 512MB)
 3. Pen and paper

LANGUAGES

- ◆ Members are only permitted to be enrolled in ONE Language class per Semester.
- ◆ If applying for a language class above a Beginners Class, members will need to demonstrate a level of proficiency in the language suitable to the class.

BOOK CLUBS

- ◆ If you apply to join a Book Club, you must select it as your FIRST preference course.
- ◆ As the clubs commence early, you will be advised by phone if you are enrolled & to attend the first meeting on 20th January.
- ◆ You are required to bring your \$30 class fee payment (cash or cheque) to this first meeting.
If you do not pay your fee you will not be permitted to take a book until the payment is received.

PLEASE NOTE:

All courses are offered in good faith at the time of printing. If a tutor or venue becomes unavailable, due to unforeseen circumstances, it may be necessary to cancel.

MOONEE VALLEY REGION UNIVERSITY OF THE THIRD AGE

TIMETABLE FOR SEMESTER ONE, 2012

MONDAY CLASSES

TIME	CLASS, TUTOR/FACILITATOR, DESCRIPTION	START DATE	VENUE
9.30 – 11.00	CONVERSATIONAL FRENCH (LF4) Claire Maccagnan A self-help group which provides opportunities for you to use your French in a relaxed atmosphere. <i>Students must have completed French 3 or equivalent</i>	20 Feb	Niddrie Library
9.30 – 11.30	CRYPTIC CROSSWORDS (PCX) Alex Vanderkooij Learn how to analyse the clues in the weird and wonderful world of cryptic crosswords.	20 Feb	Sam Merrifield Library
10.00 – 11.30	LINE DANCING (ELD) Meets on 1 st & 3 rd Monday of the month Vera Andrades Line Dancing is great fun and easy exercise.	20 Feb	Ascot Vale N'hood Centre - Hall
10.00 – 11.30	CLASSICAL MUSIC APPRECIATION (MAG) Nancye Hawkins Each week a class member will be asked to bring along their favourite piece of classical music and discuss it with the class. Or, you can just come along and listen and join in the discussion.	20 Feb	Woodlands Park House
10.00 – 12.00	TIMELY TOPICS (DTT) Sandy Sondreal A study and discussion of contemporary issues. The focus is on social, environmental and political topics. Videos and other media sources will be used. <i>Please note: this class replaces Sandy's 'Current Affairs'.</i>	20 Feb	Ascot Vale N'hood Centre - Meeting Room
11.30 – 1.00	FRENCH 1A – BEGINNERS (LF1A) Claire Maccagnan Learn to begin to speak, read and write French. <i>This class is for beginners with no prior knowledge of French.</i>	20 Feb	Niddrie Library
1.00 – 3.00	THE ASCENT OF MAN (HAM) 12 weeks David Kershaw This course is based on Dr Bronowski's TV series, <i>The Ascent of Man</i> . It covers the history of science in an historical and social context. This series gives us a new perspective, not just on science, but on civilization.	20 Feb	Woodlands Park House
1.30 – 3.00	SINGING FOR FUN (MSF) Anne Strong/Robyn Temby This is an informal class where the emphasis is on enjoyment. Everyone is encouraged to participate.	20 Feb	Flemington Community Centre - Hall
1.30 – 3.30	NEW BOOK CLUB 3 (WBC3) Meets on 4 th Monday of the month Edith James This group meets monthly to discuss the book of the month. Questions for discussion are provided. The discussion is friendly and informal and everyone is encouraged to contribute. <i>Fee: \$30 at the first meeting.</i>	20 Jan	Niddrie Library

MONDAY CLASSES continued			
1.30 – 4.00	NEW SENIORS CINEMA AT ACMI (<i>Australian Centre for the Moving Image</i>) (PCA) Robyn Temby This group will meet once a month at ACMI, Federation Square for the Seniors Cinema Monday session.	20 Feb	ACMI Federation Square

TUESDAY CLASSES

TIME	CLASS, TUTOR/FACILITATOR, DESCRIPTION	START DATE	VENUE
9.15 – 10.45	FAMILY HISTORY FOR BEGINNERS (HFH) Margaret Majurey This class looks at how to find and record family history records. We examine parish records, civil registration and census returns. We also look at passenger lists, newspapers, old correspondence and photographs, wills, family Bibles and military records directories.	28 Feb	Ascot Vale N'hood Centre - Hall
9.30 – 10.30	RECORDER GROUP – BEGINNERS (MRG) Merryl Carey Members meet and make music in a friendly and relaxed atmosphere. A range of abilities is catered for and individual tuition is offered to beginners. The ability to read music notation, although not necessary, is beneficial. Participants need to own a recorder and be prepared to pay for music sheets.	21 Feb	Woodlands Park House
9.30 – 11.00	FRENCH 1B – BEGINNERS (LF1B) Kerry Costa Learn to speak, read and write French. Students in this class must have completed French 1A Beginners or its equivalent	28 Feb	Emerald Street Centre
9.30 – 11.00	NEW PUBLIC HISTORY (HPH) 6 weeks Kathleen Feain In this class we will be looking at the past with a different approach. This will be more hands-on history, without text books or lecture notes, but with some degree of personal involvement. It is for people who are interested in history, but are not academics or historians. You will require a notebook and pen and there will be some preparation/thinking between lessons	21 Feb	Ascot Vale N'hood Centre – Meeting Room
9.30 – 12.30	SCRABBLE (PSC) Alex Vanderkooij The most popular board game in the world can be the most enjoyable and the most frustrating. Some hints and extra resources will improve your game by leaps and bounds. The class is informal but informative.	21 Feb	Niddrie N'hood Centre - Hub
10.00 – 11.30	RECORDER GROUP – EXPERIENCED (MRG) Merryl Carey Members meet and make music in a friendly and relaxed atmosphere. A range of abilities is catered for through the playing of parts and different styles of music. Participants need to own a recorder and be prepared to pay for music sheets.	21 Feb	Woodlands Park House

TUESDAY CLASSES continued			
10.00 – 12.00	GOLF CROQUET FOR BEGINNERS (EGC) 6 weeks Dot Dickson Newcomers, try your hand at this ball game of strategy and skill. All equipment is supplied. Players must wear flat-soled shoes. <i>This class is for those people with little or no experience with Golf Croquet.</i> <i>Fee: \$5 per class, payable on the day.</i>	21 Feb	Essendon Croquet Club
10.00 – 12.00	INTRO. TO INTERNET AND EMAIL (CIE) 8 weeks Don Mooney This course will allow members to develop their internet and email skills beyond the basics. <i>Between class practice is essential.</i> <i>Students must have fully completed the Beginners class or may need to show they have fully acquired those skills.</i>	21 Feb	Avondale Heights Library and Learning Centre
10.00 – 12.00	<u>NEW</u> COMPUTERS REFRESHER COURSE (CRC) 8 weeks Peter Price This is a refresher course for those who have done the Beginners class. It will cover areas such as copying, writing, filing, internet and email, or anything else the class requires. <i>Between class practice is essential.</i>	1 May	Avondale Heights Library and Learning Centre
11.00 – 12.30	ARMCHAIR TRAVEL (HAT) Maurice Majurey Lean back in your chair, sleep if you wish, and let us take you on a series of visual tours. The likely lads, Charlie Boorman and Ewan McGregor will get back on their motor bikes to go the “Long Way Down” (2007) from John O’Groats to CapeTown. Then we shall take “Brian Sewell’s Grand Tour” (2006) as he follows, (in an idiosyncratic fashion) the original route taken by the young English milords through Italy in the 18 th Century as they completed their education. For dessert we shall be amazed by “Massive Nature” (2004) and intrigued by David Attenborough’s “The Tribal Eye” (1975).	21 Feb	Ascot Vale N’hood Centre Hall
11.15 – 12.45	FRENCH 3 (LF3) Kerry Costa An opportunity for you to learn French at a more advanced level. <i>Students must have completed French 2 or equivalent.</i>	28 Feb	Emerald Street Centre
1.00 – 4.00	SKETCHING & PAINTING (ASP) Lou Armarego This class is for those wishing to further develop their existing skills. It takes an informal and enjoyable approach to art. <i>New students should bring examples of their drawings or paintings to their first class.</i>	21 Feb	Emerald Street Centre
1.30 – 3.30	INTRODUCTION TO DRAWING & MIXED MEDIA (ADO) Liz Carrel This beginners group is for those members who would like to learn and extend their skills in an enjoyable environment.	21 Feb	Ascot Vale N’hood Centre - Meeting Room
1.30 – 3.30	SPEAKING WITH CONFIDENCE (ESC) Peter Price This course includes speaking and conversational techniques – including listening, questioning and improving self-confidence. Learn how to write and make a three minute speech.	21 Feb	Woodlands Park House

TUESDAY CLASSES continued			
1.30 – 4.15	<i>FLICKS IN THE AFTERNOON</i> (PFL) Fortnightly Margaret and Maurice Majurey We will return to our old stamping ground of CRIME with a host of old friends: Jack Frost, Miss Marple, Hercule Poirot, Christopher Foyle, Morse, Barnaby, Sherlock Holmes and Reg Wexford. A cartoon and a short will complete the bill.	21 Feb	Ascot Vale N'hood Centre Hall

WEDNESDAY CLASSES

TIME	CLASS, TUTOR/FACILITATOR, DESCRIPTION	START DATE	VENUE
9.00 – 10.30	<i>WEDNESDAY WALKERS</i> (EWW) Anne Stobaus Our walking group is friendly, social and supportive. It's easy – time just flies while you walk and chat. And, being in a group is a great incentive to commitment. Meeting Place: The path beside Aberfeldie Park, close to Poynton's Car Park at 9.00 AM <u>SHARP!</u>	22 Feb	Maribyrnong River Walking Path
9.30 – 12.00	<i>MAHJONG - WESTERN STYLE</i> (PMJ) Anne Meehan Mahjong is similar to cards, but is played with tiles. The only way to learn is to play. Each game is interesting, challenging and is played with in a relaxed, friendly atmosphere. Newcomers are taught separately until ready to join the experienced players.	22 Feb	Ascot Vale N'hood Centre Hall
10.00 –12.00	<i>PETANQUE</i> (EPB) Alec Newing Petanque, (pronounced Pe'tonk), or French Bowls, has similarities with Bocce but with less physical requirements. It is an outdoor activity, played at a social level. All equipment is provided, though members are asked to wear fully-enclosed footwear and a sun hat. Want to know more? Have a look at "How to Play Petanque" on Youtube.	22 Feb	Rosehill Park Carpark
10.00 – 1.00	<i>FOLK ART</i> (AFA) Dorothy Hardy Folk Art aims to bring out the artistic ability in each of us in an enjoyable and relaxing way. It uses an acrylic medium that can be painted on any surface eg. wood, material, paper, metal, glass etc.	22 Feb	Emerald Street Centre
10.00 –12.00	<i>FRONTIERS OF SCIENCE</i> (SFS) Bill Wignall Discussions focus on recent discoveries in many exciting areas of science – both pure science, which helps us to understand the world around us, and the applications of science to the many problems faced by man. No previous knowledge of science is required.	22 Feb	Ascot Vale N'hood Centre Meeting Room
10.30 –12.00	<i>NEW MIDDLE EASTERN BELLY DANCING</i> (EBD) Elfie Schmidt Belly Dancing develops your ability to move gracefully. It is a very feminine form of dance and is lots of fun to share with others. To join this class you will need average fitness, a sense of rhythm and a love of music and dancing. Students should wear comfortable clothing.	22 Feb	Doutta Galla Youth Hall

WEDNESDAY CLASSES continued			
10.30 – 12.30	PATCHWORK FOR BEGINNERS (FBB) Suzanne Midolo This course is for those wanting to learn the basic techniques of patchwork and quilting. The aim is to correctly measure, cut, sew seams, make blocks and do some embroidery.	22 Feb	Cooper St Community Centre
12.00 – 1.30	<u>NEW</u> CONVERSATIONAL ITALIAN FOR TRAVELLERS (LIT) Diana Bianciardi Planning a trip to Italy and wishing you could speak some Italian? In this course you will learn basic pronunciation and useful vocabulary and phrases for everyday situations the traveller is likely to encounter. Emphasis on conversation with other class mates and suitable for those with little or no knowledge of the language.	22 Feb	Ascot Vale N'hood Centre Meeting Room
1.00 – 3.00	LITERATURE THROUGH THE AGES (WTA) 4 sessions each Term Nell Axon This semester we will continue to review some of Shakespeare's plays as we have only touched on the borders of his greatness. We will continue to study his era, discuss his genius and, above all, enjoy the humour and drama of his work.	22 Feb	Niddrie Library
1.15 – 4.00	OIL PAINTING & WATER COLOURS (AOP) Graeme Renkin This course offers to guide, in a relaxed atmosphere, those interested in exploring their ability to paint with oil or watercolour. <i>New students are urged to bring along any previous artistic efforts in drawing or painting.</i>	22 Feb	Emerald Street Centre
1.30 – 3.30	<u>NEW</u> MODERN EGYPTIAN HISTORY & CULTURE (HME) Fayez Farag This course will examine the history of Egypt from Mohamed Ali (1805) until 25/1/2011. It will include social and political life and how this impacted on the Egyptian people. We will do this by examining historical events, the Arts, food, music etc.	22 Feb	Avondale Heights Library & Learning Centre
1.30 – 3.30	PATCHWORK FOR BEGINNERS PLUS (FPB) Suzanne Midolo This class is for those who have completed the Beginners course. In this class participants are encouraged to choose their own project and work on it using both the skills they have already learnt and with the tutor's guidance.	22 Feb	Cooper Street Community Centre
1.30 – 3.30	PATCHWORK AND QUILTING (FPQ) Dianne Linforth <i>To do this class you need to have completed the Beginners class or show you have fully acquired those skills.</i> While working on a project of your own choice, the tutor will help you follow instructions, use the correct construction techniques and extend your basic knowledge and skills. Everyone works at their own pace and the sharing of ideas, fabrics and design is encouraged.	22 Feb	Cooper Street Community Centre

WEDNESDAY CLASSES continued			
1.30 – 3.30	FINANCIAL PLANNING IN PLAIN ENGLISH (FPL) Nola Spicer This course will help you to manage your money more effectively. We will be discussing topics like Budgeting, Centrelink Payments, Superannuation, Allocated Pensions, Retirement Planning, Estate Planning, Enduring Power of Attorney etc. We will also have guest speakers such as, accountants, financial advisers and a Centrelink representative.	22 Feb	Ascot Vale N'hood Centre - Hall
1.30 – 3.30	LOVELY LINGUISTICS (WLL) Fortnightly Carmel Jardine In this class we will look at word creation, writing systems, language types, Pidgin and Creole, euphemism, sex differentiation of language, language acquisition, language change, phonetics, deciphering the dictionary and more. Participants will need pen and paper. Please note: Priority will be given to those members who have not done this class before.	22 Feb	Ascot Vale N'hood Centre – Meeting Room
1.30 – 3.30	CREATIVE WRITING GROUP (WFF) Ginny Moylan Does writing short stories interest you? Maybe Crime, Reminiscences or Romance? A topic is chosen each week for homework. The group is encouraging and enjoyable. Homework involves producing a short story each week.	22 Feb	Sam Merrifield Library

THURSDAY CLASSES

TIME	CLASS, TUTOR/FACILITATOR, DESCRIPTION	START DATE	VENUE
9.00 – 11.00	ITALIAN LANGUAGE AND CULTURE (LIC) Lena Seri This class covers listening, speaking, reading and writing Italian using a number of teaching aids. We look at everyday life in Italy and Australia – family life, environmental issues, film, the Arts, technology, history and tourism. Some prior knowledge of Italian is required.	23 Feb	Sam Merrifield Library
9.30 – 10.45	RELAXATION OF MIND & BODY – ADVANCED (EMBA) John Radecki This course is designed to remove tension and stress and instil tranquillity of mind and flexibility of body. The exercises include Chi Kung, Pranamaya and Tai Chi. The Advanced Program is designed to bring about overall well being and is presented by demonstration and instruction.	23 Feb	Niddrie N'hood Centre (Hub)
9.30 - 11.30	MEDITATION (EWM) Fortnightly Anne Thannhauser Meditation is a way of acquainting the mind with virtue and bringing inner peace and happiness. It involves gaining insight into and control over one's own mind. There is a great range of meditation techniques that we will look at during this course. Whilst this is a secular class, meditation is based on the Tibetan tradition.	1 Mar	Woodlands Park House

THURSDAY CLASSES continued			
9.30 - 12.30	PLAY READING (WPR) Fortnightly Helen Flaim Perhaps you have always thought you would like to be an actor but never had the time. Well, now you have the chance. Every class member will have the opportunity to read one or more parts in a play each session. The group is focused on reading a diverse range of plays in a comfortable, happy environment.	23 Feb	Woodlands Park House
10.00 -12.00	CRAFT CLASS/SOCIAL ACTIVITIES (FCC) Every Thursday except the 3rd Thursday of the month Lorraine Wotherspoon Do you have a cupboard full of unfinished projects? Bring them along and be motivated by others. It may be knitting, crochet, cross stitch, calligraphy, scrapbooking, card making, beading etc. You might like to try a different craft or knit for charity, or just enjoy the company of others. Help provided where possible.	23 Feb	Emerald Street Centre
10.00 - 11.30	PHILOSOPHY DISCUSSION 1 (DP1) Ian Graham This group studies the development of European philosophical thought with the aid of J. Gaader's "Sophie's World". Class members are required to purchase or borrow this book. The discussion is friendly, stimulating and informal. New members with no philosophical background are welcome.	23 Feb	Niddrie Library
10.00 - 12.00	NEW BEHIND THE NEWS (DBN) Terry Rickard This discussion group considers decision-making within the media and examines WHY some topics make the news and others don't. Participants will also discuss HOW different media outlets select, process and shape information, and the implications of the various ways the news is presented.	23 Feb	Ascot Vale N'hood Centre Meeting Room
11.00 –12.15	RELAXATION OF MIND & BODY – BEGINNERS. (EMBB) John Radecki This course is designed to remove tension and stress and instil tranquility of mind and flexibility of body. The exercises include Chi Kung, Pranamaya and Tai Chi. The Beginners Program is designed to bring about overall well being and is presented by demonstration and instruction.	23 Feb	Niddrie N'hood Centre (Hub)
1.30 – 3.30	COMPUTER FOR BEGINNERS (CB1) 8 weeks Alfred Mansour No pre-requisite required for this course. This course covers how to start up and shut down a computer, mouse and keyboard skills, menus, how to open, save and close files, how to cut, copy and paste, how to use "Help" features. Between class practice is required.	23 Feb	Avondale Heights Library and Learning Centre
1.30 – 3.30	COMPUTER FOR BEGINNERS (CB2) Alfred Mansour No pre-requisite required for this course. This course covers how to start up and shut down a computer, mouse and keyboard skills, menus, how to open, save and close files, how to cut, copy and paste, how to use "Help" features. Between class practice is required.	3 May	Avondale Heights Library and Learning Centre

THURSDAY CLASSES continued			
1.30 – 3.30	LEGACY OF ANCIENT GREECE (HAG) Carolynn Larsen Who? What? When? Why? How? The Ancient Greeks continually asked these questions and their answers shaped Western civilization. In this class we will explore these questions, and the answers, through the art, literature and beliefs of classical Greece. No previous knowledge is necessary – just a Greek-like curiosity.	23 Feb	Emerald Street Centre

FRIDAY CLASSES

TIME	CLASS, TUTOR/FACILITATOR, DESCRIPTION	START DATE	VENUE
9.30 – 11.00	SPANISH (LS) Carol Buhaj <i>Students in this class need to have some prior knowledge of Spanish.</i> The year will start with some revision classes to consolidate basics. Students will have the opportunity to speak, listen, read and write in Spanish. Some homework will be given to help students learn at their own pace.	24 Feb	Emerald Street Centre
9.30 – 11.00	ITALIAN FOR BEGINNERS (L11) Vera Andrades <i>No previous knowledge of Italian is required for this class.</i> Pronunciation and vocabulary are covered and students will learn the basics of how to speak, read and write in Italian. A small amount of homework is given each week.	24 Feb	Sam Merrifield Library
9.30 – 11.30	CITIES (HCT) John White Each week we look at a particular city considering its location and natural setting, the people who live there, its history, culture, architecture transport and other aspects that create its character. The story is told with the aid of historic and modern photographs, maps, drawings, paintings and archaeological evidence. There is ample opportunity for discussion.	24 Feb	New Courthouse – Kellaway Avenue
9.30 – 12.00	PATCHWORK GROUP (FPG) Margaret O'Dwyer/Maureen Nakonesky <i>You are expected to be a competent Patchworker to attend this class as there is no tutor.</i> This self-help group is for those members who wish to continue expanding their skills in the company of others with similar interests. Some guidance is available if needed.	24 Feb	Cooper St Community Centre
10.30 – 12.00	PHILOSOPHY DISCUSSION 2 (DP2) Ian Graham This group continues its study of European philosophical thought with the aid of a suitable text. Although no philosophical background is necessary, having previously attended a Philosophy Discussion group would help with the discussion. <i>Class members may be required to purchase or borrow the selected book.</i>	24 Feb	Woodlands Park House

FRIDAY CLASSES continued			
11.00 – 12.30	FRENCH 2 (LF2) Kerry Costa An opportunity for you to learn at an intermediate level to speak, read and write French. <i>Some prior knowledge of French is required.</i>	2 Mar	Emerald Street Centre
1.00 – 2.30	PHILOSOPHY OF BELIEFS (DPB) Ian Graham The aim of this discussion group is to gain an appreciation of the major religions, to provide a glimpse of their history and influence, their philosophical stance and their place in the 21 st century. No attempt is made to judge between the religions as the aim is to present facts rather than engage in argument. The tutor will choose a suitable text book to aid discussion <i>Class members may be required to purchase or borrow this book.</i>	24 Feb	Woodlands Park House
1.00 – 3.00	SPANISH FOR BEGINNERS (LSB) Esperanza Carreras <i>This class is for those with little or no Spanish language.</i> Students will have the opportunity to speak, listen, read and write in Spanish. Some homework will be given to help students learn at their own pace.	24 Feb	Emerald Street Centre
1.30 – 3.30	BOOK CLUB 1 (WBC1) 2 nd Friday of the month Sue Curwood This group meets monthly to discuss the book of the month. Questions for discussion are provided. The discussion is friendly and informal and everyone is encouraged to contribute. <i>Fee: \$30 at the first meeting</i>	20 Jan	Niddrie Library
1.30 – 3.30	BOOK CLUB 2 (WBC2) 3 rd Friday of the month George Widdison This group meets monthly to discuss the book of the month. Questions for discussion are provided. The discussion is friendly and informal and everyone is encouraged to contribute. <i>Fee: \$30 at the first meeting</i>	20 Jan	Niddrie Library

Date Received.....

MOONEE VALLEY REGION U3A SEMESTER 1

COURSE APPLICATION FORM

Title..... Name.....

Address.....

..... P/C.....

Phone..... Mobile.....

Email.....

Put in order of classes you most want to do.

If you want to, you may select an alternative class in case your choice is not available.

	Code	Class name	<i>Alternative Class</i>
1			<i>or</i>
2			<i>or</i>
3			<i>or</i>
4			<i>or</i>
5			<i>or</i>
6			<i>or</i>

Read the Course Descriptions carefully and note the days of the week and times for the courses you choose.

Every effort will be made to accommodate you but the COMMITTEE OF MANAGEMENT reserves the right to run and fill classes according to venue and Tutor availability.

Membership Renewals, New Membership Applications and Course Applications will all be date stamped and processed accordingly.

Please be patient and remember that this large task is being carried out by volunteers.

MAILING OUT OF BADGES AND CLASS CONFIRMATIONS WILL START IN JANUARY. Ringing the office will not expedite the procedure.

MVR U3A Committee of Management.